



Community Nutrition
Obesity Prevention Division
Indiana State Department of Health

Food Safety - Grilling / Barbecue

Here are some helpful tips to keep foods safe ...

From the Store: Home First

When shopping, buy cold food like meat and poultry last, right before checkout. Always refrigerate perishable food within 2 hours. Refrigerate within 1 hour when the temperature is above 90°F.

Defrost Safely

Completely defrost meat and poultry before grilling so it cooks more evenly. Use the refrigerator for slow, safe thawing or thaw sealed packages in cold water. You can microwave defrost if the food will be placed immediately on the grill.

Marinating

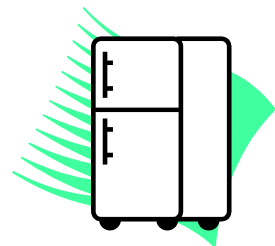
Meat and poultry can be marinated for several hours or days to tenderize or add flavor. Marinate food in the refrigerator, not on the counter. If some of the marinade is to be used as a sauce on the cooked food, reserve a portion of the marinade before putting raw meat and poultry in it.

Transporting

When carrying food to another location, keep it cold to minimize bacterial growth. Use an insulated cooler with sufficient ice or ice packs to keep the food at 40°F or below. Pack food right from the refrigerator into the cooler immediately before leaving home.

Keep Cold Food Cold

Keep meat and poultry refrigerated until ready to use. Only take out the meat and poultry that will immediately be placed on the grill.





Keep Everything Clean

Be sure there are plenty of clean utensils and platters. To prevent food-borne illness, don't use the same platter and utensils for raw and cooked meat and poultry.

Precooking

Precooking food partially in the microwave, oven, or stove is a good way of reducing grilling time. Just make sure that the food goes immediately on the preheated grill to complete cooking.

Cook Thoroughly

Cook food to a safe minimum internal temperature to destroy harmful bacteria. Meat and poultry cooked on a grill often browns very fast on the outside. Use a food thermometer to be sure the food has reached a safe minimum internal temperature. Beef, veal, and lamb steaks, roasts and chops can be cooked to 145 °F. Hamburgers made of ground beef should reach 160 °F. All cuts of pork should reach 160 °F. All poultry should reach a minimum of 165 °F.

NEVER partially grill meat or poultry and finish cooking later.

Keep Hot Food Hot

After cooking meat and poultry on the grill, keep it hot until served - at 140°F or warmer. Keep cooked meats hot by setting them to the side of the grill rack, not directly over the coals where they could overcook. At home, the cooked meat can be kept hot in a warm oven (approximately 200°F), in a chafing dish or slow cooker, or on a warming tray.

Serving the Food

When taking food off the grill, use a clean platter. Don't put cooked food on the same platter that held raw meat or poultry.



Leftovers

Refrigerate any leftovers promptly in shallow containers. Discard any food left out more than 2 hours (1 hour if temperatures are above 90°F).

Source:

http://www.fsis.usda.gov/Fact_Sheets/Barbecue_Food_Safety/index.asp